

## 6. Variations of Walking

- (a) With one leg stiff
- (b) side step, stepping slowly
- (c) " " with one foot crossing over front of other.
- (d) side step - right foot crossing in front of left then behind it - alternately.
- (e) On tip toe.
- (f) With one toe pointed, other foot with heel touching first.
- (g) legs moving only from knees down, knees together. (Variation with any other action with hands, etc.)
- (h) 3 steps wide apart, 3 together, etc.
- (i) Make up some step with partner.

## Lesson V - Oct. 24<sup>th</sup>

### Warming-up Exercises

(a) In one line numbering in 4's, the 1's going to one corner, 2's in the other, etc. One person from both 1 & 3 run at the same time passing left shoulders & waving as they pass. Then a person from front corners 2 & 4 run.

(b) Same formation, this time running & taking a leap as you pass each other & waving behind you to the person just passed.

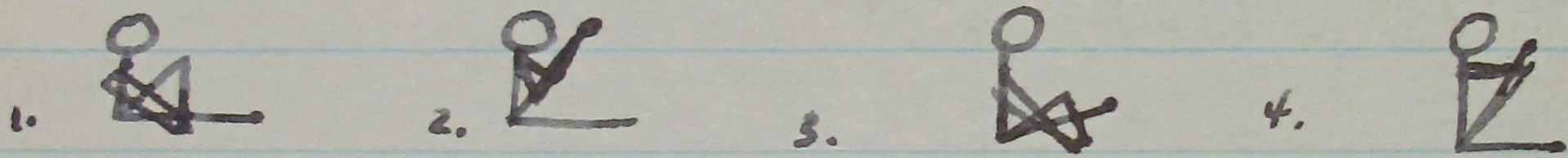


## Limbering-Up Exercises

(1) Repetition of (a) stretching leg muscles (1 & 3)  
(b) bend hip, shoulder, head from side to side. This time bend over to left, step sideways with right foot drawing body after you - hip, shoulder, head till bent in other direction. Step to left & repeat.

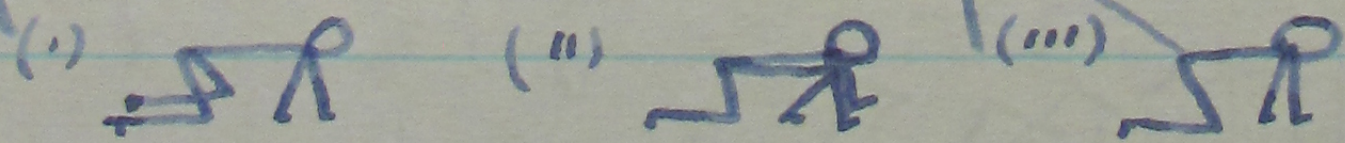
## (2) Leg Straightening

Sitting on floor, one leg straight out, hands grasping ankle & heel of other. Keeping back straight lift leg with hands so that it is straight against body. Try & touch knee to head but do not bend the back.



## (3) Leg Swinging behind -

Kneeling on both knees with hands on floor. Bend right leg forward then back, straightening leg & swinging it right up behind as straight & high as possible, bend in front of you swinging again. Change knees & repeat.



## (4) Shoulder Movements -

(a) Standing erect raise left shoulder, drop it, raise, drop, etc. Repeat with right.



(b) Raise lt. shoulder & drop it, raise rt. & drop it & so on.

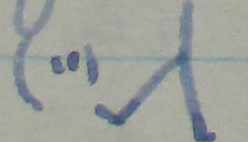


(c) Move lt. shoulder with circling movement - up, forward, down, back, up, forward, down, back. Repeat with right.

(5) Elbow Movement -

Extend lt. arm & hold hand firm with rt. hand. Move elbow in a circle, beginning with elbow pointing up as much as possible, then drop it out & down until elbow is turned right in as far as possible, smoothly return to starting position & repeat. Repeat with rt. elbow.

(6) Leg Swinging - (similar to III b)

Point right toe in front of lt. foot, swing leg sideways, back across, sideways & stand lifting left foot off floor as you do so. Remain balanced for a few seconds - then repeat with lt. foot.

(I)  (II)  (III) 

(7) Toe Exercises -

(I) Repetition of (I), 5 (II) & (III)

(II) Walking length of room on toes, touching heel at every step same as exercises only in motion.

(III) Walking on toes very lightly 12



- 8 springy without touching heels.  
(iv) Running on toes with short, springy steps.  
(v) Running on toes with slow, sustained steps & pause in mid-air if possible.

## 8. Fundamental Movements

- (i) Swinging
- (ii) Sustained
- (iii) Percussion
- (iv) Vibration

Swinging - swinging arm across body, then back and up & so on. Arm has to be planted each time and then continues on its own.

Sustained - swinging arm but regulate <sup>the</sup> ~~arm~~ tempo to do it very slowly.

Percussion - arm is swung with great force & stops at shoulder height both times by contracting of muscles. Great deal of force used.

Vibration - hand or arm vibrates with tiny quick movements.

## 9. Swinging Creations -

- (a) In partners make up some swinging movement.
- (b) In fours make up swinging movement.

e.g. arm, leg, trunk swinging



Warming-Up Exercises - Dorothy Haggatt

(a) Straight line in height order, skipping forward and round to the right coming down the centre in two's. As you reach the front of the room divide one partner to rt. & one to lt. & still skipping around room meet again & come down centre in one single line.

(b) Skipping, alternate people going to rt. & lt., round room & down the centre, skipping for ten beats then jumping in air on 11<sup>th</sup> beat, skipping ten, jumping & so on.

Limbering-Up Ex.

1. Repetition of (I) (V) - 6  
(II) (V) - 3

2. Heel Grip Lift -

Sitting on floor, legs to rt. - lt. foot resting on top of rt. knee. Grasp lt. heel and ankle with both hands & lift leg straight in front of you, keep back straight & trying to touch head to leg.

&



### 3. Toe and Hip Turn -

Standing erect, point right toe, rt. towards lt. so that you are on the big toe, the trunk is firm & only the hips turning. Then turn rt. foot so that it points to the lt. & the little toe on the rt. Turn to lt., then rt. & so on all the time only moving hips & leg.

### 4. Shoulder Movements -

Drop shoulders forward & down, then up, back & down, head moving with the shoulders so that you make a figure 8.

### 5. Leg Bending Out -

Standing with legs fairly wide apart, using upper leg muscles, bend knees down and out as far as possible so that they are over the toes. Then pull up using leg muscles again.

### 6. Sustained Movements -

(a) Trunk sustained - from upright to bending over with arms back, then up again.

(b) Arm sustained - same as piling (9 (i)) only very slow.

(c) Sustained arm movement -

Facing forward with weight on lt. foot & right toe pointing out to side stretch rt. hand across body, with palm up & draw arm along the



front of you as though  
stroking chest with back of  
hand. Stretch arm as far to  
rt. as possible. Change <sup>hand</sup> around  
ready to come back of the hand.  
with palm still upwards.  
Make movements smooth and  
free, head moving as well.

(d) Sustained leg pivoting -

Standing erect weight on  
rt. foot pivoting lt. leg slowly back  
& round in a circle finishing  
up with toe slightly in front  
of right foot & weight transferred  
to lt. Shifting rt. leg back,  
around & so on.

## 7. Sustained Creations -

Make up a sustained movement  
with partner, both doing either  
same or different.

## Lesson VII

Oct. 31<sup>st</sup>

### Warming up Exercises

M. Sorensen

(a) Form one line down center  
skipping around the room spirally  
to center turn back out again.

(b) In one circle, four slides  
to right, four to left, jump apart,  
together, apart together, feet together  
jump 4 times around in circle.

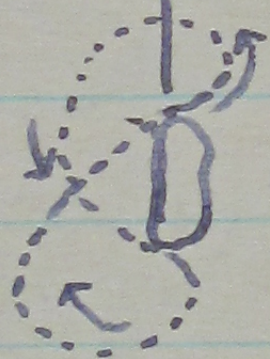
(c) Inner & outer circle, outer  
circle going to right, inner to left,  
Repeat above performance 3 times



then on 4<sup>th</sup> instead of jumping round in a circle, jump up + down twice, down to squat + jump up to position to finish.

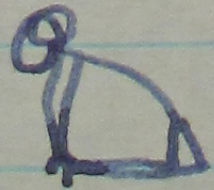
### Limbering - Hip Exercises -

- 1) Same as heel grip (III 2) only when leg is lifted, flex ankle at right angles to leg, keeping knee straight, extending foot + lower - repeat.
- 2) Pointing left foot towards rt. - circling across in front of rt. foot, around in circle & out to side so that instep is pointing to floor at side. Continue circles around close behind rt. foot, round back to side & go across front again.
- 3) As above only use hips without dragging toe.



### 4) Kneeling + pushing hips forward.

Kneeling on floor + sitting on heels with hands holding heels. Push hips forward to form an arch, throw head back so that whole body is arched. Still holding onto heels regain position & drop head to knees for rest.



### 5) Time beating.

- (a) Clapping for different time notes.
- (b) Walking " " " "
- (c) Orchestration - 6 groups of 6 people each with different note value. Leader points to groups in turn & they clap their value.



# Dance Technique For Demonstration

R. H. II

Stretching - 2 @'s facing out.  $\frac{4}{4}$

Outside @ stride pitt.

2 A up (ct. 1, 2) } 1 meas.

Touch L ft. (3, 4) } 4 meas.

Repeat R. L. R. (slay down)

\* Original

Inside + Outside

Circles

Swing round to L. leg! twisting

trunk R (1, 2) } 1 meas.

Sitto R (3, 4) } 4 meas.

Repeat L. R. L. R + swing L +  
round to prepure position  
Legs together for chest-lift.

Inside @ - Leg: to R. hold L. heel

§

(ct. 1, 2.) } 1 meas.

Stretch L. leg - - - (3, 4) } 4 meas.

Repeat 2 x - - - (2 m.)

Change sides + leg (1 m.)

R. up (1) flex ft. (2) stretch (3) down (4) - 1 m.

Repeat 2 x - - - - - 2 m. } 4 meas.

Supine pos. - - - - - 1 m.

All together:

Chest lift - chest-lift (1, 2, 3, 4) Lower (1, 2, 3, 4) 2 m.

Repeat - - - - - 2 m.

Lift to pitt (1 m.) tech. toes (5, 6) } 2 m.

Back to floor - - - (7, 8) } 12 meas.

Repeat first - 5 m. - - - - - 5 m.

Pull km. up to trunk - L. (1) } 1 m.

Kneel (2) Sit on R. side (3) legs apart (4) }

All now facing inwards.

Knee + ankle - legs apart - 2A raised at sides



Flex + extend - L. leg. lift (1.2.3.4) Power (1-4) 2m.  
 Repeat to R. - 1 - - - - - 2m.  
 " both together 2x - - - - - 4m.  
 " L. + R. 1 - - - - - 4m.  
 " both together (quick time) 4m.  
 8 clis.

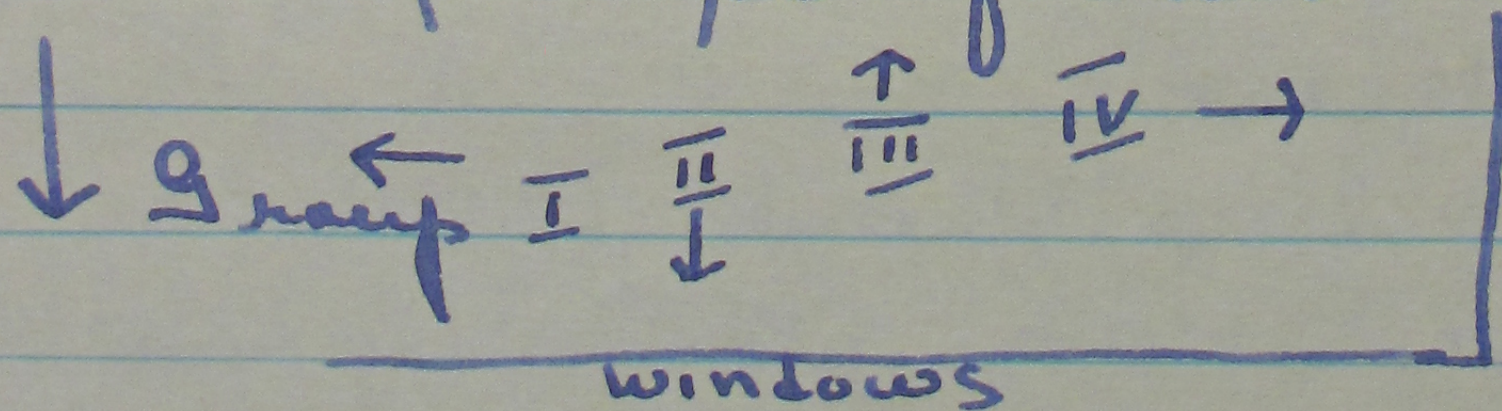
(Pull up with fingers for last 4 m.)  $\frac{4}{4}$  time

Stand + into 4 lines facing stall bars + windows.

Leg Sweeps - forew. + bk. - L. leg. sweep.  
 forew. 1<sup>st</sup> (8 clis) - - - - - 2m.  
 Change to bk. R. on ct. 8  
 Ditto R. (ch. to L. in front on 8) - 2m.  
 Sidew. L. out 1<sup>st</sup> (ch. ct. 8) - 2m.  
 Ditto R. (turn R. on ct. 8) - 2m.  
 + turn R.

Fig. 8 + Balance L. - front (1.2.3.) bk (4.5.6) slp.  $\frac{6}{8}$   
 (1-6) Sidew. R. up - - - 2m.  $\frac{6}{8}$   
 Ditto R. L. R. (w. long hold on last one) 6m.  
 Move into groups obliquely for falls

Falls - All together 2 falls - plant facing  $\frac{4}{4}$   
 windows. 6 falls in succession. 16m.  
 Side fall to pt. on 9<sup>th</sup> fall. Facing windows - 1m.  
 Swing round to L. + long pitt. (shake out) - 2m.  
 Turn to side pitt. for arm exercise - 1m.



Group I turn R. about - ft. on L.  
 " II "  $\frac{1}{2}$  R. " " " "





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